

CLAIMS

The embodiments of the invention in which an exclusive property or privilege is claims are as defined as follows:

1. (canceled)
2. (canceled)
3. (canceled)
4. (canceled)
5. (currently amended) ~~In accordance with claim one, twenty facial exercises for said weights comprising of:~~ A method of toning and developing total facial muscle groups comprising:

contracting facial muscles against resistance provided by means of specifically designed facial weights in varying sizes and shapes,

employing twenty specific facial exercises designed for said facial weights consisting of:

- a. exercise 1, designed for the 284 gm oculus weight consists of placing weight over eye, closing eye tightly then releasing
- b. exercise 2, designed for the 227 gm oculus weight consists of placing weight over eye, raising eyebrow then relaxing it

- c. exercise 3, designed for the 454 gm irregular shaped weight consists of placing weight over temple and closing eye tightly then relaxing
- d. exercise 4, designed for the 454 gm irregular shaped weight consists of placing weight below lower eyelid, closing eye tight then relaxing it
- e. exercise 5, designed for the 454 gm irregular shaped weight, consists of placing weight as in exercise 4, except raise corner of mouth up toward weight
- f. exercise 6, designed for the 766 gm irregular shaped weight consists of placing weight over cheek and raising corner of mouth toward weight
- g. exercise 7 designed for the 766 gm irregular shaped weight consists of placing weight as in exercise 6 except tighten lips, pucker, and stretch lips away from weight
- h. exercise 8 designed for the 766 gm irregular shaped weight consists of placing weight over cheek but closer to nose and stretching upper lip over top teeth
- i. exercise 9 designed for the 766 gm elongated shaped weight consists of placing weight over higher part of forehead near hairline and lowering eyebrows

j. exercise 10 designed for the 766 gm elongated shaped weight consists of placing weight over lower part of forehead near brows and raising brows

k. exercise 11 designed for the 766 gm elongated shaped weight consists of placing weight over bridge of nose with center pleats toward brows and wings over lower half of eyes while tightening eyes then relaxing

l. exercise 12 designed for the 766 gm elongated shaped weight consists of placing weight over bridge of nose with center pleats toward lips and wings over cheeks, raise brows

m. exercise 13 designed for the 766 gm elongated shaped weight consists of placing weight over bridge as for exercise 12 but wrinkle nose and then relax

n. exercise 14 designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 12, with lips together smile

o. exercise 15 designed for the 1 kg elongated shaped weight consists of placing weight over bridge of nose as for exercise 12 but move the wings closer to the corner of the mouth, pucker lips then relax

p. exercise 16 designed for the 1 kg elongated shaped weight, consists of placing weight as in exercise 15 but stretch upper lip over upper teeth as in exercise 8

q. exercise 17 designed for the 1 kg elongated shaped weight consists of placing weight between nose and upper lip with center pleats toward nose and wings over cheekbones, lips together smile

r. exercise 18, designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 17 except with center pleats toward chin and wings over cheeks, pucker lips then relax

s. exercise 19, designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 18 except that neck is directly over both lips, pucker lips

t. exercise 20, designed for the 1 kg elongated shaped weight consists of placing weight as in exercise 19 but over lower lip, open and close mouth.

6. (new) A set of facial weights for use in facial muscle exercise comprising:

a plurality of flexible facial weights sized and configured to be placed upon and supported by the skin surface of a user's face;

said plurality of flexible facial weights comprising at least one elongated shaped weight having a narrow mid-section and wide ends, and at least one irregular shaped weight having an oval-like shape; and

each flexible facial weight comprising a flexible, water resistant external covering and weight material contained within said external covering so that each flexible facial weight is between 227 gm and 1 kg in weight, wherein the plurality of flexible facial weights are selectively placed over various portions of a user's face to provide resistance to exercise of selected muscles of the face.

7. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein said weight material comprises steel beads.

8. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein the flexible, water resistant external covering comprises vinyl material.

9. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein the flexible, water resistant external covering comprises simulated leather material.

10. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein one of said at least one elongated shaped weights comprises weight material to provide a weight of 1 kg, has a length of approximately 24 cm, a width of approximately 9 cm at its wide ends, and a width of approximately 5 cm at its narrow mid-section.

11. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein one of said at least one elongated shaped weights comprises weight material to provide a weight of 681 gm, has a length of approximately 23 cm, a width of approximately 8 cm at its wide ends, and a width of approximately 5 cm at its narrow mid-section.

12. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein one of said at least one irregular weights comprises weight material to provide a weight of 766 gm, a greatest length of approximately 14 cm, a greatest width of approximately 10 cm, and a second width at an apex of approximately 5.5 cm.

13. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein one of said at least one irregular weights comprises weight material to provide a weight of 454 gm, a greatest length of approximately 12 cm, a greatest width of approximately 8.5 cm, and a second width at an apex of approximately 5.25 cm.

14. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein one of said at least one irregular weights comprises weight material to provide a weight of 284 gm, a greatest length of approximately 12 cm, a greatest width of approximately 9 cm, and an indentation of approximately 5 mm at its center.

15. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein one of said at least one irregular weights comprises weight material to provide a weight of 227 gm, a greatest length of approximately 12 cm, a greatest width of approximately 9 cm, and an indentation of approximately 10 mm at its center.

16. (new) The set of facial weights for use in facial muscle exercise of claim 6, wherein said flexible, water resistant external covering for each flexible facial weight comprises two pieces of material of identical size and shape sewn together.

17. (new) The set of facial weights for use in facial muscle exercise of claim 16, wherein said flexible, water resistant external covering of said at least one elongated shaped weights comprises vinyl material.

18. (new) The set of facial weights for use in facial muscle exercise of claim 17, wherein each piece of vinyl material for said at least one elongated shaped weights further comprises 4 to 6 pleats.

19. (new) The set of facial weights for use in facial muscle exercise of claim 16, wherein said flexible, water resistant external covering of said at least one irregular shaped weights comprises simulated leather material.

20. (new) The set of facial weights for use in facial muscle exercise of claim 19, wherein each piece of simulated leather material for said at least one irregular shaped weights further comprises 1 to 2 pleats.